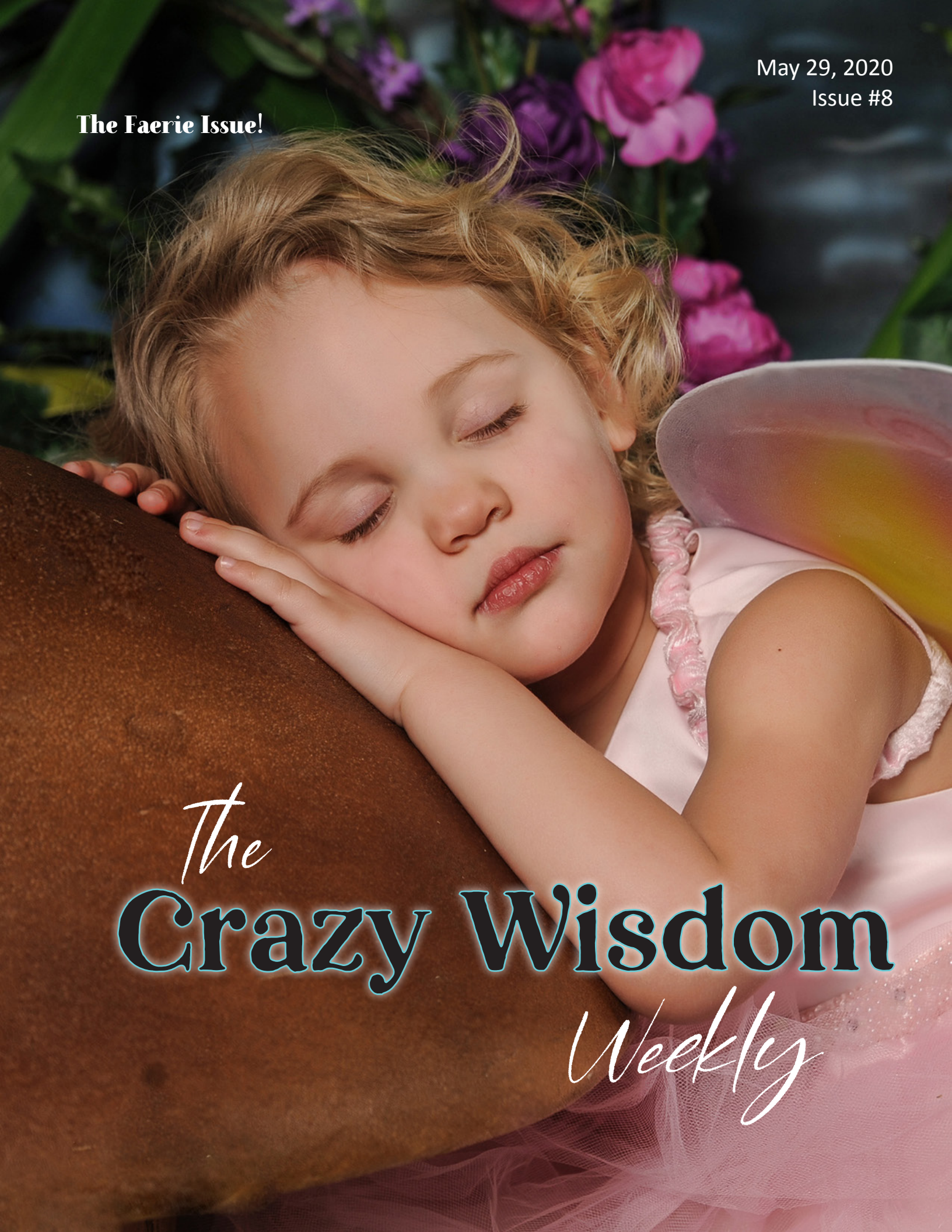

May 29, 2020
Issue #8

The Faerie Issue!

The Crazy Wisdom Weekly

shining a light in the dark

Published by the Crazy Wisdom Community Journal during the Pandemic.

The Crazy Wisdom Weekly

A Letter From Our Editor

Shew! I was longing for warmer weather, but I didn't mean eggs-boiling-on-the-sidewalk, can't-even-breath-outside-because-it's-so-muggy heat. I guess I shouldn't be surprised, though. Michigan is very fickle when it comes to weather and we've had so much rain lately, it makes sense that the humidity is off the charts. I'm really hoping this isn't a preview of what Mother Nature has in store for us for the next three months.

Last Monday was Memorial Day, a day we typically remember soldiers we have lost protecting the rest of us through parades and memorial services. Living on Main Street in a small town typically affords us the privilege of a front row seat, but this year there was no music, no remembrances, no flags snapping in the wind along the parade route through town. We didn't follow our nephews, both Boy Scouts, to the cemetery, there was no Taps, no final echo.

Our country has lost a lot since March in many ways. Festivals that we look forward to all year have been canceled as far out as the end of September. While I understand the motives behind the cancellation, it is still disappointing, and I worry about the performers and artisans who depend on those venues to make a living. If you admire a local artist's work, I implore you to support them in any way you can—share their work on your social media, purchase artwork for your home, sometimes even just a kind word sent by email can lift the spirits of an artist and urge them on to keep creating through this time of closure.

I ordered a set of handmade toadstool garden stakes to keep the faeries company in our garden this year. We extended the garden to put some extra food away for the lean season. I'm just praying that I can keep up with the weeds and the faeries! Hopefully the toadstools will invite the helpful kind of faerie and not the mischievous kind. In this faerie issue we've got some helpful tips for attracting faeries to your garden. Enjoy!

Jennifer Carson

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Our cover photo was taken by Mary Bortmas of Unforgettable Photos. The faerie model is Lauren of Manchester, who was nearly 3-years-old when this picture was taken. Learn more about her photography sesssions on her website.

Thank you to our contributors for this issue:

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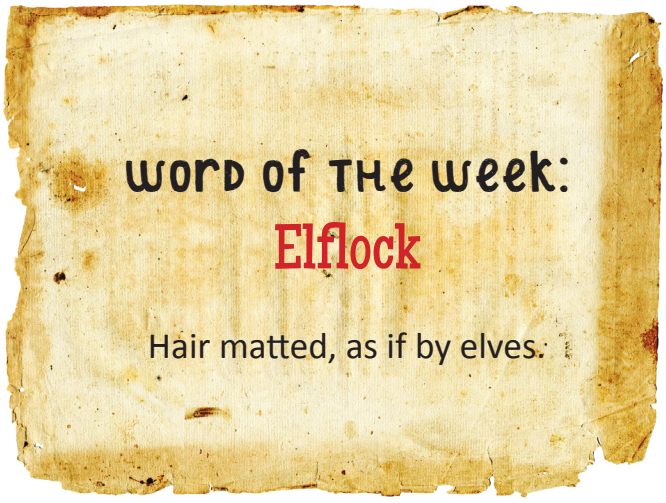


Because of Covid-19, we didn't publish our usual springtime *Crazy Wisdom Community Community Journal* in mid-April. In the meantime, we thought we'd create a weekly online version—short, and lively, and perhaps a mild distraction for our local and regional readership. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, favorite places for socially distant walks, news of your dogs, whatever. Send your submission to Jennifer@crazywisdom.net.

Chronos and Kairos

By Sibel Ozer

Being quarantined due to the Coronavirus pandemic has created ample opportunity for contemplation. I continue to counsel clients from home via zoom and am taking note of emerging themes.

This forced separation from daily life is no vacation to most, and yet we have begun to act as if it is. Especially in our relationship with time.

As chronological time, which rules our lives in the daily world, loses its grip on us during our forced isolation at home, we are slipping into Kairos time more often than usual. Creatives are more familiar with this aspect of time, the parts of it that cannot be explained with the structures we have created. Einstein tried, with his contribution of the concept of relativity.

Kairos represents that part of time which expands or contracts depending on the situation. Pain tends to expand time in an unfavorable way, whereas entering the creative flow expands it in a delightful way. Being with a loved one can contract time in a painfully delightful way (in that it passes oh, so quickly), whereas having a deadline on a project can contract time in an anxiety-inducing manner.

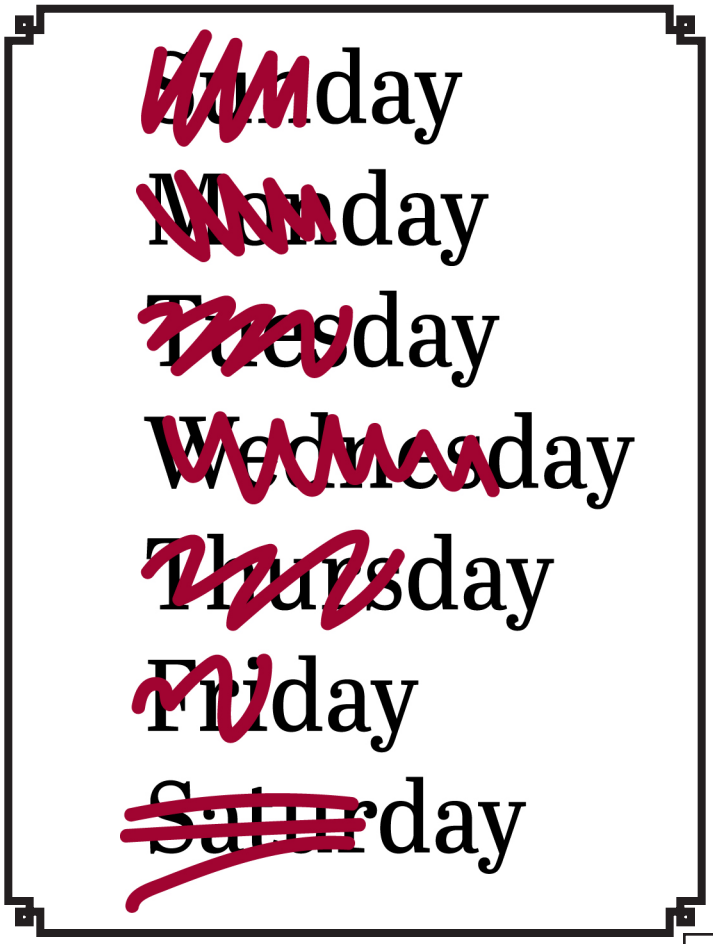
The Greeks had three separate concepts of time, which they personified as Gods. Aion represented the eternity of the Cosmos, and Chronos symbolized clock time. Kairos was the mystical of the three, making it harder to grasp. Kairos is about quality rather then quantity, about readiness, and ripeness, about potential—the future that is to be found and created in the present.

Kairos feels more feminine then masculine to me. It is easier felt than thought, and is where insight, creativity, and connectivity resides. It is, in fact, what we think of as the flow. An artist friend of mine was being hard on herself recently, lamenting about feeling immature and unprofessional because she just couldn't create in a systematic and timely manner. I reminded her that she probably wouldn't create anything original if she were following the clock as opposed to the creative muse and cycles. One, of course, doesn't need to be an artist to know the flow. Everyone has some sense of it, whether it comes through being in love, various drug experiences, or simply, play.

The three aspects of time serve different purposes. Aion helps us make sense of the concept of infinity and offers hope and relief around death, the period that ends the sentence of life.

Chronos is the most rigid of the three, and helps bring order to a world that seems to need it, especially since we have few skills in navigating life with Kairos. It has an uncompromising specificity, albeit artificial in its creation, and works only through the collaborative agreement of humans deciding to live by it. Even though it is uncompromising in its consistent forward movement, different cultures show great flexibility in their dance with clock/calendar time.

A few years back I was visiting Egypt with my father, accompanying him and other surgeons in their visits to the sites. I mention their profession so that a type A personality comes



to mind. One of the men was the epitome of loyalty to Chronos principles. This poor man was miserable as the Egyptian tour guides and drivers took a minimum of an hour before they got moving, even after most of the group members were inside the van. The van was mercifully air conditioned at least. Being Turkish gave me a clear advantage in tolerating what could have been perceived as a persistent lack of organization. I was able to recognize it as a different way of moving through time, as an opportunity for chatting.

Then there were our eating ordeals in Spain, sitting to dinner at 7 p.m. only to be served at 10 p.m.! It has also been difficult to invite American colleagues to Turkey for workshops where plans are made a couple of months ahead at best, compared to an entire year.

We might know to engage with Kairos through entering it temporarily, but we most certainly don't know how to navigate life from it. In the book *Ordinary Wisdom,* author Robert Wolff talks about an aboriginal people from Malaysia who navigated life in this way:

> *The "primitive" people I got to know, did not think it strange or unusual, to sit somewhere in the jungle. Not really waiting, but when I came along, they got up and walked ahead of me to the little village, without a word.* It fitted in their way of life. They just knew.
>
> Although there was no way for me to let them know when I would come to visit a new settlement where I had never been before, nevertheless, without fail, someone would sit on the path, "waiting for me," I thought.
> *How did they know I was coming?*

They navigated life through a connection to the flow, allowing themselves to be led by what felt right in their decision making. I think the pandemic is giving us a glimpse into how this could be. I cannot help but secretly savor it.

Sibel Ozer is a licensed professional counselor and board-certified art therapist currently doing private practice in downtown Ann Arbor. Visit www.sibelozer.com, call (303)905-1109, or email fireflyarttherapy@gmail.com.

Five day Journaling Challenge *with* Austeen Freeman

Join Austeen Freeman for her next Journaling Challenge. Freeman has been hosting journaling challenges for about a year now. Each day there will be a video with a new prompt to help uncover the depths of our mind and assist with our own healing. Austeen is located in Lenawee County but has students throughout the states. To join her on this exploration simply join Freeman's Facebook Group.

You can find the group on her business page: Austeen Freeman: Free To Be, follow this link, or reach out to austeen.freeman@gmail.com and she will send you the link.

The journaling challenge runs from May 31 through June 4,2020. The challenge will include prompts and videos on inner voice, how are you?, anger, mother's story, and the body.

Austeen Freeman is co-owner of Ghidrah's Mind Body Spirit in Adrian, MI.

Tricks, Tips, and Partnerships *from Beyond the Veil*

By Michelle McLemore

A shimmer in the nearby air,
A tickle on your cheek,
Something was–then wasn't there,
The Fae is whom to seek.

The spearmint bush had been gifted to Susan, early in June, and at the time had been a mere runner–a few leaves. By late summer it had grown to nearly ten inches high and bushed out impressively. Susan, finding herself alone for a few hours, found peace in weeding the back flower bed. Squatting down, she looked over at the bush and saw something flickering. Something was moving near the base of the plant. Intrigued, she moved closer, trying to discern if the air conditioner was somehow causing the motion. However, in the new spot she couldn't see the same area and saw no branch movement, so she went back to her original position.

She crouched low about twelve inches away; there it was–a fluttering, a shimmering about the size of a half dollar. The motion was continuous, despite the bush not moving at all, ruling out air interference. Then, she suddenly realized, "Oh. That's what it is!" Respectfully, she slowly inched away and went about her business. Perhaps you view this an under-reaction? And yet, when gifted with a sighting, what would you do? Hopefully, show respect and acceptance as well. As time would tell, it appears acceptance was interpreted as an invitation for more etheric intervention.

Winter came and one day Susan noticed that the new downspout addition (which funneled water over the front sidewalk instead of spilling directly into the front landscaping) had been moved. Maybe the wind? She mused and reset it atop the brick brace. A few days later, again it was knocked off, causing the water to come directly into the ground. Maybe the dog? Off and on throughout the winter she would observe the moved piece. She would sigh, lightly chide the aging dog, and replace the extension. She thought nothing more about it until one day in February—after the dog had passed. Susan noticed the spout had been moved again. And it continued happening almost daily—or as soon as the piece had been repositioned. Something definitely did not want the water rerouted.

She gave in, put out a dainty treat for the Fae, and moved the extension piece out of the way. What would benefit from the water dumping directly in that spot? A few feet away was a willow bush—a water-seeker. Willow faeries are rumored to be a bit more assertive than the others. Did the bush need more water? It has it now and since then all has been calm. But one must wonder, what improvements the new gardeners may insist upon this spring.

The prototype for Neverland is not up, but in. Not flown to, but materialized through the veil. Beltane and May Day may be past, but the veil between the physical and ethereal worlds continues thinning as the earth, and many of us on it, increase our vibrational frequencies. Due to this heightening, an occasional Fae sighting has become more frequent. The days of "once upon a time" are giving way to "what has always been but not always seen."

A main duty for faeries (be it chosen or assigned) is to care for the biologics and rhythms of nature—be it water, tree, plant, or rock. Stories for centuries have handed this down through oral and written tradition. In more modern times, Rudolph Steiner (Austrian philosopher, esotericist, and clairvoyant) lectured in the early 1900s that there is a nature force and entity intricately involved with each elements' care. Others agreed. Author Arthur Conan Doyle wrote in *The coming of Fairies* in 1922, "that growth of a plant which we regard as the customary and inevitable result of associating the three factors of sun, seed, and soil would never take place if the fairy builders were absent." Sure enough, when asked recently what the local Fae might want us to know, they unwaveringly shared through Irish Hills intuitive Collen Charles, "We live to forge ahead."

Considering the current state of the planet, our sentients in the fourth dimension and beyond are perhaps more motivated than ever to help us help them, and in turn help the earth. Despite Ann Arbor's urban fairy door reputation, cavorting with the faerie folk may still seem mysterious. So, in what ways can encounters occur?

There are many thresholds, or Ways between the worlds. The in-between states of mind, body, and natural life can each be an opening to the beyond. Some people have been visited in the liminal state between wake and dreams. Wisps of buzzing orbs, firefly-like, mighty and amused, dazzle and tease the semi-conscious observer. Others, often children, are invited during

their dreams to visit Fae villages, revealing where in the nearby real woods they exist in the other plane. Repeat dream visits forge friendships and affirm existence across the dimensions.

Increasing your personal vibrational frequency is a method more within your control. Slow down your *Be-ing* to truly observe, listen, smell, feel, and accept yourself as one part of the greater natural web. Spend more time in nature, caring for the land and water ways. Show respect and aid the earth, aligning with their mission. It is then that you may begin catching glimpses in your peripheral vision. You may be suddenly surprised by lovely fragrances when the source is nowhere apparent. Little gifts and marvels may present themselves directly in your path. And if they choose, you may just get to see a faerie with your waking eyes.

Numerous records tell of people from all lands being led astray or made the fool as they traversed the paths of the Fae folk and did not heed warnings. Intuitive Amelia Bert has shared that these sentients, like us, have egos. Fae also enjoy pranks. The two create the impetus for deciding when or if a lesson may need to be learned. Karma has enjoyed many-a-nod for that which may have been caused by faerie. Other times, we learn when the faeries simply have a point to be made.

Take for instance, last spring when I put out a fairy door and settee next to my main entrance. I had settled them quaintly out of passing's way and yet the next morning, the door was knocked down and the couch disheveled. Must've been a chipmunk I mused, resetting the pieces. The next morning to my chagrin, again the pieces were toppled. I reset and pondered how to dissuade the wind, or little visitor, from "messing" up the scene. (Recognize the pattern in human 3D rationalizing?) The third morning, I peeked out the front door window but this time the faerie door was not laying askew. It was not where it had been either. It was tipped up against my house door a good two feet away from where I had left it…and it was facing inward! Someone, or something, definitely had a point to make and my slowness had emboldened them. Who would care about a fake faerie door? Clearly the fakeness was the problem.

Immediately I gathered materials to make an actual enclosure. When finished, the display was rough but "real." I walked around and was led (or pushed) to set up this little room under the Tulip tree, near a mini-lilac bush. To help settle the matter, I put the fake door back on the porch but put up a little sign: "Faerie Open House" with an arrow pointing the way to the new structure. I doubted the mystical ones could read English. No doubt they are smarter than I, and had been watching me, so I added it as a bit of a joke—a nod back to their antics. On a dollhouse plate I put out a bit of chocolate and in a cup I poured a bit of wine. Then, I waited. The fake door has never been shuffled, nor moved again.

What message did I gleam from this? If you are going to be aware of the Fae, best to be authentic about it. They have a sense of humor, feelings, as well as advanced knowledge of the world. If you decide to call upon them, call on a high vibration one. The higher the vibration, the more love and light, perhaps the less mischievous they may be. May your gardens be fruitful, your heart be light, and may the Fae folk always find you endearing.

From Our Blog

Using Crystals to Attract Faeries

By Heidi Mae Wolfe

Once upon a time, nearly every culture on every continent held some measure of belief in the existence of fairies. A life form described as small humanlike creatures that live in natural habitats, often invisible to human eyes. Early writings depict them as mischievous and even at times, malicious. Travelers often left offerings of food and drink for them in exchange for protection against the elements, wild animals, and other dangers that might befall on their journey. Legend has it that fairies especially appreciated milk, bread, cheese, sweets, and other prepared foods.

As the centuries passed and beliefs evolved, the reputation of fairies improved considerably. Fairies became known as benevolent nature spirits (elementals) who may still have a mischievous streak in them, but are usually good-natured and serve to protect animals and the natural world. Fairies, as many know them today, are believed to spread joy and good will, inspire wonder and creativity, and love to make things grow.

As the population of true believers in our own realm continues to grow, so does the popularity of fairy gardens. Whether your interest in the art form is spiritually inspired, or purely recreational, you already know that fairies are attracted to anything that shines or sparkles. Such embellishments are essential, then, to any fairy garden. Given their connection to nature, it would seem that natural crystals and gemstones could have an even stronger attraction. Here are some suggestions that might make a nice addition to your own fairy garden.

Read more about the crystals that ttract faeries to your garden on our blog.

YoGA
Pose of the Week

Supta Padangusthasana II, Supported

By Sue Salaniuk

This pose falls into the category of abdominal poses so it has an effect on the organic body. On the surface it might be felt on the hamstrings, in the hip sockets, as a twist, and possibly in the knees, so it is often done for the physical body also.

In this time of turmoil and unease it can be at its best when practiced with an understanding to open, and quiet the abdominal/emotional center. Taking a support for the foot and ankle will help soften, spread, and promote the breath throughout this vital area. We are experiencing upheaval, uncertainty, and tension right now. All these feeling can be carried by a clutching and gripping in the diaphragm and navel region that we may not even be aware of. Doing poses like Supta Padangusthasana II can help identify this tension and release it.

The support allows us to hold the pose longer, to be able to balance the work in the legs, and in extension, lift the spine, and support breath. Keep both legs extended, firm and straight. The legs and free arm should be engaged but not tense. The chest needs to feel lifted and open, so the breath is normal and free. The abdomen remains soft and open and it should move and roll away from the supported, lifted leg so the body remains even on the floor. Stay for a bit, even 2-3 minutes if possible before changing sides.

Sue Salaniuk is a Senior Intermediate I certified Iyengar teacher who is also a Certified through the International Association of Yoga Therapists and is RYT500. She has owned The Yoga Space where she teaches multi level classes and a special needs class since 1997. Before that she taught at the Ann Arbor Y. She is currently teaching online. Visit Yogaspace.com for more information.

COMFORT FOOD

Updated Tuna or Salmon Casserole

By Angelas Madaras and Mary Mandeville

Preheat oven to 350 degrees

Ingredients:

1 can of tuna or salmon
1 box of macaroni and cheese any variety. Make according to directions on box.
I small bag of frozen broccoli, cooked as per package
1 can of drained mushrooms or fresh sliced and sautéed mushrooms if available. I have used dried too.
2 sliced scallions or dried granulated onion whatever is available
A little garlic powder
A handful of sliced fresh celery or fennel bulb for crunch
A handful of fresh chopped parsley or ¼ cup dried
Salt and pepper if needed and I add crushed red pepper for a little zip!
1 cup grated cheddar or any cheese available, even a little cottage cheese or sour cream can work

Mix all ingredients together, then place in a casserole dish. Add nutritional yeast to your flavor preference if on hand, and any bread crumbs, croutons, or crushed crackers to the top with a little drizzle of oil or melted butter. If you are lucky enough to have fried onions then use them generously! Place into a preheated oven on the middle rack and bake for 20 minutes.

When it is done turn off oven and add foil wrapped slices of buttered bread with two medium sized bowls into oven to heat for 5 minutes. Using oven mitts dish out casserole into each bowl, take bread out of foil and place in bowl on top of pasta and take immediately to where you are eating meal. It's a comfort meal so feel free to eat in bed.

Life Force:

Discovering Invisible Allies Outside Your Door

By S. K. Rosina Newton

As the sun moves higher in the sky, warming our bones and our soil, we might find ourselves more frequently drawn outside. We venture into our personal landscapes just outside the door, onto the trails of our neighborhood park, or even Nichols Arboretum, looking for more signs of life emerging from the earth.

What is our personal connection with this green world outside? Some of us have started a spring vegetable garden, some of us hike or play regularly in the wild, and some of us might not know anything about plants—we just know what looks beautiful to us or how good we feel after spending time outdoors.

Having a yard—our little corner of Earth—is a great opportunity. What we do here reflects our creativity, as well as our understanding of nature. Our home's landscape is a microcosm of the huge subject we call *the environment*. Our choices here can have surprising effects on our own health and on our greater environment as well.

There is a soil food web happening under our feet, too.

Soon after graduating from Texas A&M University, with a horticulture degree under my belt, I mentioned to a fellow agriculture graduate that I wanted to use organic fertilizers. My friend said, "That plant can't tell the difference between a nitrogen molecule that comes from an organic fertilizer and a nitrogen molecule that comes from a synthetic!" At the time I didn't know enough to have a comeback; my alma mater didn't teach organic horticulture back then. Now, after 30 years "in the field" in Texas, New York, and now Michigan, I've learned there is so much more than meets the eye when we are talking about plants.

John Muir wrote in *My First Summer in the Sierra*, "When we try to pick out anything by itself, we find it hitched to everything else in the Universe." We know that "life is all connected," but what does that truly mean? To try and answer that, let's start at the beginning: all of life on earth depends on plants. Plants are called *producers* because they can take the sun's light energy and—through the miracle of photosynthesis—turn it into food for themselves. Every living thing on earth depends on this primary food energy from plants.

Remember the food web that we learned about in school? The plant is breakfast for a caterpillar; a bird eats the caterpillar; and a fox eats the bird. There is also a *soil food web* happening under our feet, too. In *Teaming with Microbes,* authors Jeff Lowenfels and Wayne Lewis say, "A mere teaspoon of good garden soil … contains a billion invisible bacteria, several yards of equally invisible fungal hyphae, several thousand protozoa, and a few dozen nematodes."

In the wild—whether in the Amazon rain forest or a temperate forest in Michigan—a healthy ecosystem has its own sustainable system of fertility, pest, and disease control and maintenance. Leaves fall, animals and microbes defecate, and plants and

animals die. The microorganisms living throughout the soil consume these ingredients in the process of decomposition, turning them into available fertility for the plants. The final product of decomposition is what we call organic matter. This, mixed with the broken-down native bedrock, is the recipe for soil.

In other words, there is no need for a human being to go into the wild jungles with a bag of fertilizer and bug spray to maintain the plants. In native ecosystems around the world, there are connections between plants and microbial life that perform all the functions necessary to keep the vegetation going and to keep pests in check. Only in recent decades has science really begun to discover the true extent of these complex plant-microbe relationships.

Microbes in our gut are "involved in many other important processes besides just the act of digestion—including your metabolism, body weight, and immune regulation, as well as your brain functions and mood."

—Rachel Kanaan, cofounder of Unity Vibration Kombucha

Some of these discoveries about plant-microbe relationships seem to be straight out of a science fiction story. In his 2015 book *The Hidden Life of Trees,* Peter Wohlleben echoes what Lowenfels says, "There are more life forms in a handful of forest soil than there are people on the planet." He goes on to say that if caterpillars begin eating the leaves of one tree in a healthy forest, the tree can respond several ways. It will pump distasteful and harmful tannins out to the leaves. It also releases a compound into the air that attracts predators to eat the caterpillars. Not only that, he reports that trees "also warn each other using chemical signals sent through the fungal networks around their root tips. ... Surprisingly, news bulletins are sent via the roots not only by means of chemical compounds but also by means of electrical impulses that travel at the speed of a third of an inch per second. … Once the latest news has been broadcast, all oaks in the area promptly pump tannins through their veins." Arbuscular Mycorrhizal Fungi—this is the name for the type of fungus that has this specific beneficial connection with plants.

Eighty percent of all plants on earth are connected to AM fungi! In addition to helping trees communicate, they assist with everyday maintenance of plants. By penetrating inside the plant roots, these fungi are able to deliver more nutrients, minerals, and moisture than the plant can get for itself. In the most prevalent symbiotic relationship on earth, these fungi supply the materials plants need, and in return the plant gives the fungi sugars it produced through photosynthesis.

Right here in Ann Arbor, there are studies being done that are shedding more light on these incredible connections. On a chilly evening in February, I sat down at Black Diesel Coffee with Professor Mark Hunter to talk about the invisible world of plant-microbe connections. He is the Earl E. Werner Distinguished University Professor of Ecology and Evolutionary Biology at the University of Michigan. In the late 1980s he worked with the original "talking tree guy" Professor Jack Schultz at Penn State who did some of the earliest studies on plant-to-plant communication. Professor Hunter has been at U-M for 14 years. He and his graduate students are revealing some magnificent discoveries.

Professor Hunter says this "trading partnership" between plants and AM fungi is 460 million years old. "Everything a plant does, whether it's communicating with other plants, communicating with insects, pollinators … is influenced by mycorrhizal fungi." In a series of studies, he and two of his students, Nate Haan and Rachel Vannette, discovered that wildflower plantings across Ann Arbor failed wherever there was a lack of AM fungi. It is remarkable enough to notice that plants are able to better succeed when they are placed in a soil rich with their fungal allies. But the influence of these fungi goes even further. Professor Hunter and his student, Leiling Tao, discovered that when Monarch butterflies sipped on the nectar of milkweed plants that were grown in soil lacking AM fungi, they were more susceptible to a parasitic disease. If Monarchs were given milkweed grown in fungal-rich soil to dine on, they were more resistant.

These discoveries are truly astonishing! Thinking about the implications of this in relation to our own health: are our vegetables and fruits grown in soil that is rich with AM fungi? I talked with David Saturn Klingenberger, the founder and Chief Fermenting Officer of The Brinery in Ann Arbor. He expressed it very clearly. "There is a direct correlation between the microbes in the soil and the microbes in our gut. We are not separate from the soil—we have coevolved with it. A healthy soil is directly related to a healthy human body."

Let's explore this even further. There is a community of microbes living inside and outside our bodies that is analogous to the plant-soil-microbe system. In fact, we are more bacteria than we are human! Yes, the cells of bacteria, archaea, protozoans, and fungi living on and in our healthy human body outnumber our human cells. We have been learning only in the last decade or so how completely dependent we are on our human microbe allies. This is perhaps why our ancestors included fermented foods and beverages in their diet, and why authentic sauerkraut, kimchi, and kombucha have become so popular. Fermented foods are nature's probiotics and eating them helps to restore and maintain a healthy balance of beneficial microbes in our bodies. I asked Rachel Kanaan about this. She is cofounder and co-brewer, with her husband Tarek, of Unity Vibration Kombucha in Ypsilanti. She says these microbes in our gut are "involved

Now, as we move into spring and summer in Michigan, as life returns to our favorite places in nature, we realize we are seeing only part of this amazing story.

in many other important processes besides just the act of digestion—including your metabolism, body weight, and immune regulation, as well as your brain functions and mood."

We are learning that being "too clean"—using antibacterial personal soaps and household cleaners, for example—is not good for us. It is comparable to taking antibiotics too frequently or unnecessarily. We simply need to preserve and increase the beneficial microbes of our bodies in order to stay healthy.
So, besides eating more fermented foods, how do we take all this information home, so that we can benefit from the microbial life that coevolved with us? I spoke to a number of local organic farmers, who were all very aware of the rich benefits of a living soil and were eager to share their methods with us. They have much in common, but one major choice is to avoid the synthetic fertilizers, pesticides, and especially fungicides that would destroy the microbial life on plants and in soil.

Richard Andres of Tantré Farm in Chelsea said, "We make a concerted effort to keep as much root in the ground as possible, because it's where the fungi live." At home, when our vegetable gardening season is over, that means we can simply cut off the top of the dead plants rather than pulling them up or tilling."
Ben Kasmenn, the Farm Manager at Gateway Farm in Plymouth reinforced this principle. "First and foremost, we limit the amount of tillage we do in order to preserve the soil structure and integrity. We also rely on cover crops and compost to help feed the microbes and provide proper airflow, waterflow, and nutrient cycling. There are many other more specific techniques, all geared to preserving and growing a diverse, thriving, soil community. The microbes in the soil are the cornerstone to all life on this planet. Plants want to grow, and with a functioning microbiome in the soil they will grow without our help."

"Enabling and encouraging the microbial life in our soil by moving toward more no-till practices that do not disturb soil life is one very impactful thing we can do to help microbes help us."

—Hannah Rose Weber, Farmer/Partner at Green Things Farm

Hannah Rose Weber, Farmer/Partner at Green Things Farm in Ann Arbor added, "Enabling and encouraging the microbial life in our soil by moving toward more no-till practices that do not disturb soil life is one very impactful thing we can do to help microbes help us. A more diverse soil biome means that no one pest or disease can easily take over and infect our crops, allowing us to spend more time growing and harvesting food and less time reacting to problems. Feeding the soil by planting cover crops and amending with compost is our way of preventing issues before they happen."

Richard Andres at Tantré also shared that they keep 75% of the farm in pasture, along with native woods and wetlands. Professor Hunter said that "By far the best way to get native fungi into your soil is to grow native plants" and to amend the soil by adding compost. Compost and other organic matter, such as a natural, undyed mulch, can be added on top of the soil without tilling. These materials not only add native fungi and other microbes, but they provide food and protection for the microbes, enlivening our soil."

And how does this help our greater environment? First of all, whenever we plant natives we are restoring habitat for native pollinators, birds, and other beneficial creatures. Not only that, Dr. Elaine Ingham, world-renowned soil scientist and microbiologist shared the following recently with Sustainable Living Guide.

> As those fungi grow, they lay down massive amounts of carbon on the insides of the fungal tubes that they leave behind. And so when we get that fungal biomass growing in your soil, the way your healthy plants require, we can sequester up to—so far, we're seeing—11 tons of carbon sequestered per acre per year. And that's just when we're measuring the biology in the top three or four feet of the soil.
> Well, remember that that's not as far down as roots go. Roots will go down 15, 20, 30, 100, 150 feet. And so, we can be sequestering carbon all the way down. We could take all that elevated CO2 in the atmosphere and within just a few years, we could put it all back into the soil from whence it came.

Now, as we move into spring and summer in Michigan, as life returns to our favorite places in nature, we realize we are seeing only part of this amazing story. Countless invisible colleagues living on plants and in the soil, along with beneficial insects and other allies, are protecting and promoting growth in plants wherever we go. When we are managing our vegetable gardens, lawns, or shrubs at home, we know our most productive choices will be to protect and contribute to this living system as best as we can, so our little corner of Earth can be solving some of the world's most pressing environmental problems. As stewards, we are teaming up with the life around us, supporting our community, and enjoying its bounty.

Rosina Newton is an organic home and garden coach, environmental educator, and permaculture designer. She has planted trees, and taught children and adults in Texas, New York, and now Michigan. You may find out more at rokanew@gmail.com.

The Crazy Wisdom weekly Calendar

Health and Wellness

Self-Awareness Sessions • Thursdays beginning June 4 • 3 p.m. • Self-awareness is the foundation for growth, transformation, and whole-person healing. It fosters self-love, self-trust, and self-expression, three key ingredients for revolutionary healing. When we dwell in awareness, we deepen our connection to ourselves, others, and the world. And awareness of our bodies, hearts, and minds allows us to thrive and navigate our lives with greater peace and clarity.

Join this virtual small group for in-depth exploration, discussion, and practice around self-awareness. I'll share insights, practical tools, and powerful questions that will support you in cultivating awareness in body, heart, and mind so you can deepen your practice out in your life. When you register you'll receive an e-mail confirmation with a Zoom link. This group is for adults who identify as women. Please only register if you plan on attending all four sessions. Group will be limited to 8 participants. Register here. Question? Email Kellie Mox Coaching & Healing at heal@kelliemox.com.

Ask the Autism Coach! • June 5 • 4 p.m. • You are what you eat! Customize and modify a nutritional protocol to optimize mental and physical health. For more information email Susan Bennet at contactautismcoach@gmail.com.

Online Workshops

Online class in Sufism with Imam Kamau Ayubbi • June 2 • 6:30 p.m. • For more information call 734-327-0270.

A Practical Approach to Emptiness with Professor Guy Newland • June 6 • 10 a.m. • Buddha taught emptiness to individuals wishing to be free from the cycle of endless suffering. It is a difficult concept to understand and is often misunderstood. Professor Newland will explain that meditations on emptiness are not removed from the mundane world but actually allow for a clearer perception of how everyday life is inseparable from emptiness. An online zoom program. Register here.
For more information visit Jewel Heart online or email programs@jewelheart.org.

Virtual Meditation, Yoga, and Martial Arts

Meaningful Monday Gathering • June 1 • 8 p.m. • We warmly welcome everyone, of all faiths, meditation practices, and traditions, to join us virtually on Monday evenings. We will gather on video conference at 7:55 to start at 8 pm, sharing in song~chants and inspiring readings from Mata Yogananda Mahasaya Dharmaji's writings, followed by Pure Meditation and silent prayer for as long as you wish (away from our devices). These are such beautiful times with many blessings, please feel free to tell others so that they too may have the opportunity to link in by video and receive. Please email by 10 am any Monday to receive the information about how to join by video. No charge. For more information email: info@selfrealizationcentremichigan.org.

Crazy Wisdom Book Pick of the Week

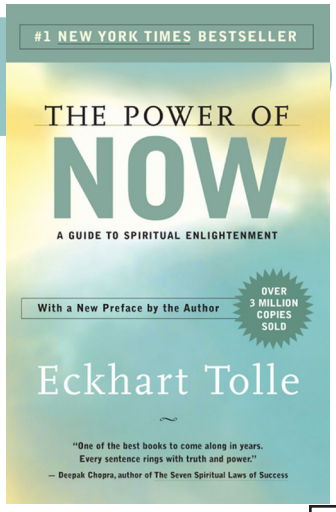
This week's book pick of the week is from *Crazy Wisdom Community Journal* Advertising Salesperson, Tana Dean.

The Power of Now
by Eckhart Tolle

It has been awhile since I read this book, but he speaks and teaches a lot about living in the moment, and perhaps people need that because of what they have lost and the fear of the future. You can watch a video of Tolle about staying conscious in the face of adversity that might be helpful, too. You can find it on his website.

You can purchase this book through Crazy Wisdom's online shop.

Click here to purchase a copy of *The Power of Now*.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OVER 3 MILLION COPIES SOLD
Eckhart Tolle
"One of the best books to come along in years. Every sentence rings with truth and power."
— Deepak Chopra, author of The Seven Spiritual Laws of Success

What's Up in Our Community

The Crazy Wisdom staff has missed seeing and interacting with many of you during our period of quarantine and we wondered what you were up to—so we asked!!

Lucinda Kurtz is a Brennan Science Practitioner. You can find out more about her and her practice at her website, lucindakurtz.com.

Because of the stay at home orders you haven't been able to meet clients face-to-face. How have you had to adjust your care of patients during this time?

As an energy healer trained at the Barbara Brennan School of Healing, long distance healing is one of the modalities that is part of our fundamental training. Since everything in creation is, at its most refined level, energy manifested in vibration, separation by space in no way hinders the deep energetic connection between a healer and her client. My high-sense perception may even be heightened in a long-distance healing, giving me more access to non-physical information that can contribute to a deeper healing experience.

Especially during this challenging time, when Zoom and Skype are excellent options for communications, long-distance healing enables people in need of support to rest in the comfort of their homes during the healing experience. I connect with their energy fields, make an evaluation of their situation, and help re-balance and recharge the body's energy through specific techniques. My intention is to meet my clients where they are, emotionally and spiritually, and to provide a comfortable and safe environment for their journey of self-discovery and healing.

When you find yourself feeling isolated from family, friends, and everyday life out in the world, what do you do to feel better?

Exercise is a key element in my daily routine. It helps me move my energy in a positive and healthy way. I have a yoga practice that helps me keep flexible, I bike, and walk, and connect with the natural world to strengthen my body and my resolve to keep positive in the midst of the chaos.

Then, of course, there are the more frequent Facetime calls with the children and grandchildren that keep me connected and up on all the latest family developments. I am very involved with my spiritual community, Pardes Hannah, and participate actively in our on-line offerings. I am also continuing to lead my Women Circles, hosting a virtual Zoom New Moon Ceremony each month, giving space and time for each participant to share her experience to maintain our close connection.

My husband, Oran, and I are teaching an on-line "Sage-ing" class to explore an approach to conscious aging where participants can identify and claim the wisdom of their maturing lives. This gives us an opportunity to continue our teaching as "Sage-ing" mentors while people have the spaciousness of time to delve more deeply into their inner lives.

What has been your number one self-care rule during quarantine?

The first thing I do each morning is meditate, open my chakras through specific physical and energetic exercises, and set my intention to connect with Spirit. This spiritual/physical practice is my absolutely essential way of keeping grounded, centered, and expanded. Absolutely NO screens allowed until after I have done this critical centering work. That means I don't check my e-mail or look at the latest news on any electronic device before this practice. This allows me to receive inner guidance and trust my intuition in decision making large and small.

What is the first thing you want to do when quarantine is lifted?

Without a doubt, I want to visit my grandchildren, pick them up and hug, hug, hug them. I miss being with my five grandchildren ages 1- 6 and long to feel their soft, baby faces next to my cheek and play games with them. I have missed some of the special milestones in their lives and want to make up for lost time.

What is your best advice for staying positive during our current social situation?

Even if you are challenged by financial or health issues, try to use this time productively for your own inner growth and development. Develop your unique skills and talent and delve into areas of interest you never had an opportunity to explore. Life is short, my friends. This situation can be a gift if you perceive it as such and seize this moment for your own self-growth. There is so much you can contribute to the healing of the planet. What calls to you? How can you make a difference? Feel yourself empowered to step forward with your own unique perspective on how to create a healthier society.

THE INTENTIONAL LIVING Collective

Looking for a little hope, inspiration, and real connection?

Do you miss personal connection as much as we do?
Drop in for hosted online informal gathering with
members of **The Intentional Living Collective** and
Evenstar's Chalice crews. **"Tea with Your Peeps"**
are being held the second through fourth Sundays
of the month, 2:00 - 3:00pm EST
Join us at https://us02web.zoom.us/j/85709418486

theintentionallivingcollective.org

FAIRY ENCOUNTERS CAN CHANGE YOUR LIFE!

By Peggy River Singer

Many of my fairy experiences have been connected with my hobby of picking up litter. As my friendship with the fae has developed, I've found they are glad to help with this task. My main concern is finding broken glass, and on cloudy days it can be a challenge to find all the parts of a broken bottle in the undergrowth. One day, I got the idea to ask for fairy assistance. Soon I was seeing tiny sparks of light in the grass—and each time I found broken glass.

After a long litter walk one March day, I paused at my front door to catch my breath. The wind was gusting around briskly, but suddenly I was enveloped in a wind-free zone filled with the sweet scent of roses, which lasted about a minute. I understood this to be a "thank-you" from the fae, for the work I was doing.

Nancy Park in Ypsilanti is very popular, and for many years I visited regularly to pick up trash and enjoy the place. Once I was connected with the fae, I found that gradually, the park opened its heart to me. I began to see "faces" in trees that I had passed by dozens of times before. I'm allowed to find fairy-sized hidden hollows and hideaways, and small items that have been lost by others are shown to me. Tiny treasures like a child's heart bracelet, a plastic unicorn pendant, and sparkly bits of broken jewelry are very welcome gifts from my unseen friends—especially when you consider that items like these are loved and collected by the fairies themselves.

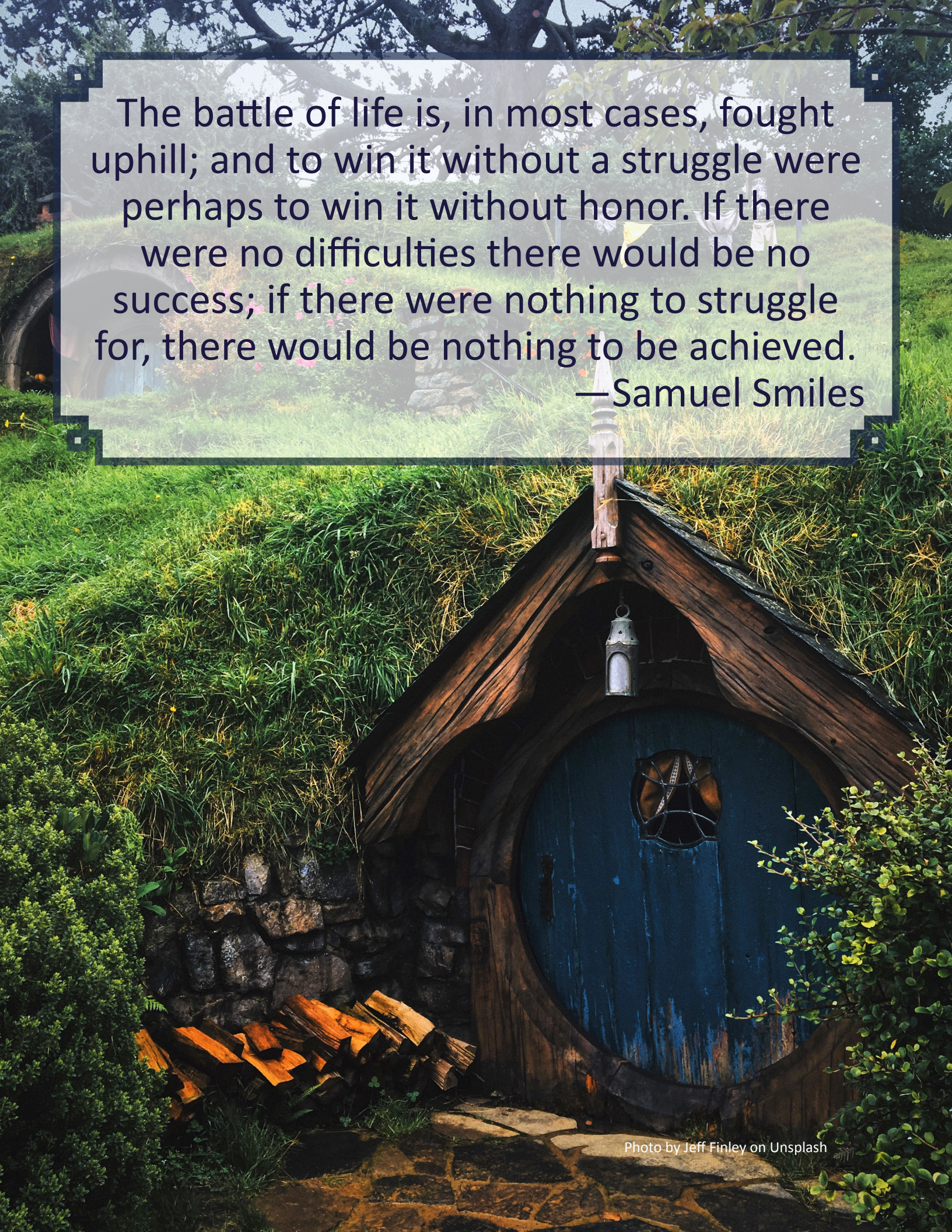
Fairies can find creative ways to make themselves known. At the McDonald's on James L. Hart Parkway in Ypsilanti, there's a lovely small woodlot behind the store. I've picked up litter in the woodlot several times, and I often take my burger and fries to the back parking lot to say hello to the spirit of the place and those who care for it. Very often I will see one solitary branch or leaf waving at me, even on a windless day; and I always say "thank you" for the message.

A similar experience occurred during my Reiki training in Southfield. Reiki energy attracts the attention of fairies, and instructor William Rand welcomes the many kinds of fae that live on his wooded property. On a lunch break, I was talking to William when I saw a small branch being moved very deliberately. He laughed when I passed on a message that the fae in his yard think he works too much!

During the first two days of my animal communication training, I was the only student who was unable to hear any messages. On the last day our group split up, and I was sent to a secluded garden bench to practice talking with the fairies who lived on the property. Again, I heard nothing, and my discouragement grew. Finally, I gave up TRYING so hard. Instead, I told the fairies I would sing for them. Soon, I realized that the wind chimes hanging nearby were playing a matching tune. Our duet lasted about ten minutes, at which point it was time for me to return to class with—finally—some positive news. I'll never forget this kindness.

Every human/fae relationship is unique. If you choose this path, be prepared for wonders, challenges, surprises, laughter, and perhaps some tears. It will all be worth it when the fae accept you as a trusted friend!

Peggy River Singer is a Lightworker, animal communicator, medium, faerie ally, Reiki practitioner, and lifelong writer. Connect by phone at 734-548-0194, by email at newbluecanoe@aol.com. Articles about her experiences and insights are posted on her blog, *angelsfairiesandlife.wordpress.com.*


The battle of life is, in most cases, fought uphill; and to win it without a struggle were perhaps to win it without honor. If there were no difficulties there would be no success; if there were nothing to struggle for, there would be nothing to be achieved.
—Samuel Smiles
Photo by Jeff Finley on Unsplash